

Claims

What is claimed is:

1. Yoga Sandal comprising:

a sole portion;

an elastic foot covering portion;

a rear strap portion;

said sole portion being flexible, thin and having a non slip surface that makes contact with the floor;

said sole portion covering the arch and ball area of the user's foot, but not the toe and heel area;

said elastic foot covering portion being attached to said sole portion at each side edge of said sole so that said foot covering portion fits snugly on the top central portion of the user's foot; and

said strap portion attached to the rear edge of each side of said elastic foot covering so that said strap can removably retain said user's foot within said sandal.

2. Yoga Sandal as claimed in claim 1 wherein said sandal can removably retain an orthotic device to provide arch support, and or metatarsal support; said orthotic devices being sandwiched between the bottom of the user's foot and the top inner surface of said sole portion.

3. Yoga Sandal as claimed in claim 1 wherein said foot covering includes a visual indicator in the form of a centrally located binding or the like that is parallel to the length of the user's foot.

4. Yoga Sandal as claimed in claim 1 wherein said sandal is thin enough that it can be placed inside a user's shoe while retaining one or more orthotic devices.